



# TWIN CITY TIMES

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## CMH obtains ownership of orthopedic surgery center

AUBURN, ME -- Maine's Department of Health and Human Services (DHHS) has approved the full ownership of Central Maine Healthcare's (CMH) orthopedic ambulatory surgical center which is located in Auburn.

Last year, Central Maine Health Ventures, Inc. ("CMHV"), a subsidiary of CMH, signed a letter of intent to acquire the 50% membership interest that was owned by Spec-



trum Healthcare Partners in Central Maine Orthopedics Ambulatory Surgical Center (ASC) which is located at 690 Minot Avenue in Auburn. Approval of the acquisition was contingent upon the approval of a certificate of need (CON) which has now been grant-

ed by Maine's Department of Health and Human Services.

CMHV has a proven track record of accredited, high-quality surgical services to orthopedic patients and has been responsible for day-to-day operations for the past two years.

"An ambulatory surgical center provides a substantial benefit to patients by offering a high-quality, cost-effective facility," said Steve Littleton, president and CEO of Central Maine Healthcare. "An additional benefit for patients is the ambulatory surgical center shares a building with Central Maine Therapy Services which recently opened a state-of-the-art facility for orthopedic conditions and post-operative rehabilitation."

Patients will also benefit from an integrated electronic medical health record under the ownership of one parent company. One electronic medical health record will ensure timely communication between primary care and other specialty providers across the Central Maine Healthcare system.

"This is great news for central Maine," said Lauren Adey, MD, chief of the Central Maine Healthcare orthopedics. "We

have an outstanding team of surgeons and nurses who provide access to affordable, convenient and high-quality orthopedic care."

Central Maine Healthcare orthopedics has been designated by Blue Cross Blue Shield as a Blue Distinction Center for knee and hip replacement surgery as well as spine surgery. It has also been named a Cigna Center of Excellence for joint replacement.

## Lewiston Adult Ed students reflect on their journey

LEWISTON, ME -- Among the many students in the area celebrating this season of commencement, Jose Celestino and Mercedes Hatch are planning to march at the upcoming Lewiston Adult Education graduation in June.

Celestino began taking HiSET classes at Lewiston Adult Education last fall and Hatch has attended HiSET classes for the past two years. The HiSET is the exam used for high school equivalency diplomas for the state of Maine, replacing the GED 10 years ago.

Celestino's teacher was Don Roux. When Roux asked which exam Jose wanted to take first, Celestino chose math. "I told him it was a challenge and I'd like to start with the



Mercedes Hatch and Jose Celestino are two students graduating from Lewiston Adult Education next month.

harder one," Celestino said.

Hatch gave kudos to instructor Luke Lunt. "He's very motivating. He always hyped me up," Hatch said. She also credited teacher Jen Brown with her help. "I wasn't in any of her classes but she'd sometimes come into my classroom and help me with my math," Hatch said.

Celestino, who balanced his schoolwork with his full-time job at LePage Bakeries in Lewiston, credited his brothers, Abraao and Paulino, for their support. "They have inspired me. They were always my support while I was growing up. Now that I'm here, they still inspire me. They work a lot," Celestino said. He also credited his mother, Teresa Paulino, who lives in Angola. "She always was pushing me to get a degree," Celestino said.

Taking classes at Lewiston Adult Education took a little explaining to his mother, as he was enrolled in engineering classes in Angola before moving to the United States. "When I told her I'm getting my high school diploma, she said, 'You're going backwards,'" he said.

But Celestino knew earning a high school credential in the U.S. would make going to college easier for him. "I'm enrolled in CMCC already. Now I'm taking business administration and management classes. My goal is to get this degree and go further," Celestino said.

Hatch is interested in going to college and possibly majoring in agriculture. Among her other potential goals are running a farmers' market and starting a Christian clothing line. She credited her parents

with encouraging her to take her final HiSET exam, math, even though she thought she wasn't ready, Hatch passed.

She wants to encourage those interested in earning their high school equivalency degree through adult education. "Definitely do it. It's never too late to get your HiSET or whatever you're going for. And do not give up," Hatch said.

The ceremony is set for Tuesday, June 4, at 7 p.m. in the Lewiston High School gym and the public is invited to attend and celebrate along with the graduates.

## Big laughs this weekend at Great Falls Comedy Club

AUBURN, ME -- Make laughter a priority this week at Great Falls Comedy Club on June 1st with David Deery and Ben Chadwick.

This Saturday night, get out and see some funny people with host Nick Gordon. Headliner Deery has toured all over the world and makes his only stop in Maine. The show will feature Ben Chadwick, one of the region's most prolific comedians.

Tickets can be found at <https://www.greatfallscomedyclub.com> or purchased at the door.



Great Falls Comedy Club is located inside Craft Brew Underground at 34 Court Street, Auburn, under the red awning.

For more information contact the club at [info@greatfallscomedyclub.com](mailto:info@greatfallscomedyclub.com) or by phone at 207-200-5366.

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# Newsmakers, Names & Faces

## Reminders from Real Maine this summer

**AUGUSTA, ME** – With spring upon us and summer quickly approaching, Mainers are encouraged to support local farms, practice safe travel around slow-moving farm equipment on rural roads, and mark the calendar for the upcoming Maine Open Farm Day (OFD) on July 28.

Maine’s agricultural heritage is deeply rooted in its local farms and vital to the state’s economy and community. Supporting these farms sustains local businesses and fosters a sense of community and connection to the land. By purchasing locally grown produce, meats, cheeses, and other farm products, consumers can contribute to preserving Maine’s agricultural landscape and traditions.

As we enjoy the scenic beauty of Maine’s rural areas, it is imperative to exercise caution when driving, especially around farm equipment. Farm machinery often travels at slower speeds and may occupy more space on the road. Drivers are urged to remain vigilant, maintain a safe distance, and pass farm equipment with care

to ensure the safety of both motorists and farmers.

Save July 28 for OFD, which provides an excellent opportunity for individuals and families to experience the magic of Maine’s farms firsthand. On OFD, farms across the state open their doors to the public, offering tours, demonstrations, and hands-on activities for visitors of all ages. It’s a chance to learn about the agricultural practices that sustain our communities and forge connections with the farmers who work tirelessly to feed and nurture our state.

In preparation for ongoing agritourism explorations around the state, Maine’s Bureau of Agriculture, Food and Rural Resources invites everyone to read and share the “Top Ten Farm Visit Don’ts.”

Visiting a farm can be a delightful experience, offering a chance to connect with nature, learn about agriculture, and enjoy the countryside. However, following certain guidelines is important to ensure a safe and respectful visit.

Here are the Top Ten Farm Visit Don’ts:

**Don’t Ignore Farm Rules**

Sunday, July 28

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realmaine.com

REAL MAINE

Every farm has its own set of rules designed to protect both visitors and animals. Ignoring these rules can lead to accidents or disruptions. Always pay attention to and follow the guidelines provided by the farm staff.

**Don’t Wander Off**  
Farms can be large

and sometimes hazardous areas with machinery, uneven terrain, and restricted zones. Stay within designated areas and follow paths to avoid getting lost or entering dangerous locations.

**Don’t Feed the Animals Without Permission**  
Feeding farm animals

without permission can harm them, as not all foods are safe for every animal. Always ask the farmer before feeding any animals to ensure it’s secure and appropriate.

**Don’t Startle the Animals**

Sudden movements or loud noises can startle farm animals, causing them stress or triggering defensive behavior. Approach animals calmly and quietly to ensure a safe interaction.

**Don’t Bring Pets**  
Bringing your pets to a farm can introduce diseases to the farm animals and create stress or aggressive encounters. Please leave your pets at home unless the farm specifically allows and welcomes them.

**Don’t Touch Equipment**  
Farm machinery and tools can be dangerous if handled improperly. Only touch or operate equipment with explicit permission and supervision from farm staff.

**Don’t Leave Gates Open**

Leaving gates open can lead to animals escaping, which can be dangerous and create much work

for the farmers. Always close gates behind you unless instructed otherwise.

**Don’t Litter**

Littering can harm animals and damage the environment. Always dispose of your trash properly and carry out what you bring in.

**Don’t Wear Inappropriate Clothing**

Farms can be muddy, dusty, and full of insects. Wear sturdy, comfortable clothing and closed-toe shoes to protect yourself and ensure a relaxed visit.

**Don’t Ignore Safety Signs**

Safety signs are placed for a reason. Ignoring them can lead to accidents or harm. Remember all posted signs and warnings to keep yourself and others safe.

Following these guidelines ensures a pleasant and respectful farm visit, benefiting you and the farm community.

Do bring your sense of adventure and appreciation for exploring these local businesses we all care about. Let Real Maine be your guide. Go to [realmaine.com/itinerary](http://realmaine.com/itinerary) to plan your agricultural adventure!

## State unemployment maximum weekly benefit increases June 1

**AUGUSTA, ME** – The Maine Department of Labor has announced that the maximum weekly benefit amount for the state unemployment program in effect from June 1, 2024 to May 31, 2025 will rise from \$573 to \$595.

In accordance with MRSA §1191, sub-§2, the

maximum weekly benefit amount is set each year as a percentage of the average weekly wage. Maine’s Average Weekly Wage in covered employment increased from \$1,103.71 to \$1,144.67, an increase of 3.7%. The increase in the average weekly wage leads to a subsequent increase in the

maximum weekly benefit amount.

Claimants filing for a new benefit year on June 1 or after will have their weekly benefit amount range between \$104 and \$595 per week. The current benefit amount, based on the 2022 average weekly wage, ranges from \$100 to \$573.

Those who already have an active unemployment claim will not see a difference in their claim, this is for new claims filed on or after June 1.

**MAINE**

**DEPARTMENT OF**

**LABOR**

For the purposes of monetary eligibility for state unemployment benefits, the minimum qualifying wage requirements effective from June 1, 2024 to May 31, 2025 are as follows:

1) Quarterly wage requirement in each of two different quarters (two times the annual average weekly wage) is \$2,289.34; and

2) Total base period wage requirement (six times the annual average weekly wage) is \$6,868.02.

More information on the unemployment insurance program can be found at [www.maine.gov/unemployment](http://www.maine.gov/unemployment).

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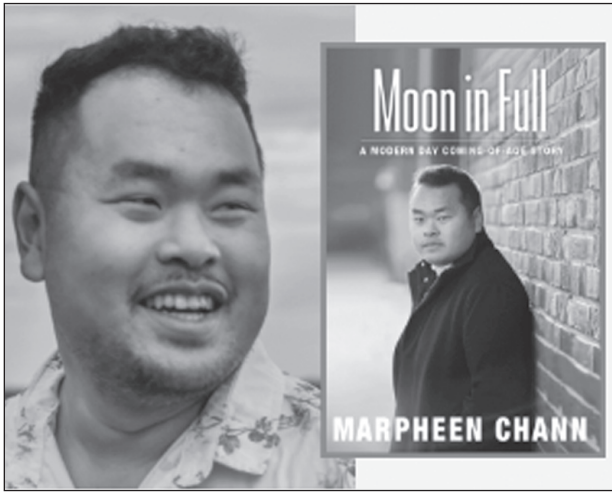
# Newsmakers, Names & Faces

## Read ME summer book discussions at APL

**AUBURN, ME --** The Auburn Public Library is pleased to announce that again this year, they are a Read ME participating library!

Read ME is the Maine Humanities Council's statewide summer reading program offered in partnership with Maine State Library and Maine Writers & Publishers Alliance. Each year a well-known Maine author recommends two titles by lesser-known Maine authors with libraries and their patrons participate in a summer of reading and discussing the featured books.

This year's featured books are *Moon in Full*: a modern-day coming-of-age story by Marpheen Chann and *The Road to Dalton* by

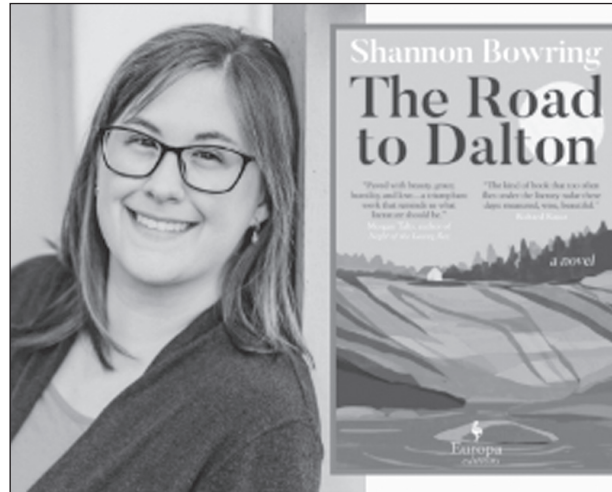


Shannon Bowring.

The 2024 program starts Thursday, May 30, from 11-12, on Maine Public Radio with a special episode of *Maine Calling*. Recommending author Jaed Coffin will join the host, along with featured

authors Marpheen Chann and Shannon Bowring to discuss their books and answer questions from libraries and readers across the state.

Auburn Public Library will host a book discussion of *Moon in Full*



on Wednesday, July 17, from 4-5 p.m. Books will be available for those who register after June 13.

Maine Humanities Council will host an online conversation with author Marpheen Chann on Thursday, July 18, from 7-8 p.m.

Auburn Public Library's book discussion of *The Road to Dalton* will take place on Wednesday, August 14, from 4-5 p.m. Books will be available to those who register after July 11.

Maine Humanities

Council's online conversation with author Shannon Bowring will take place on Thursday, August 15, from 7-8 p.m.

To register for either book discussion hosted by APL, visit [www.auburn-publiclibrary.org](http://www.auburn-publiclibrary.org) or contact the Reference Desk at 207-333-6640, ext. 4. For more information about the online conversations hosted by Maine Humanities Council, visit their website at <https://www.mainehumanities.org>.

When: Wednesday, July 17, 2024 -- 4:00-5:00 p.m. (*Moon in Full*)

Wednesday, August 14, 2024 -- 4:00-5:00 p.m. (*The Road to Dalton*)

Where: In person -- Auburn Public Library, Conference Room (ground floor)

## L-A Kiwanis Club announces \$100K Hole in One contest



Shown here planning this event are, left to right, Deb Levesque, Cody Malpass, Jamie Thompson, Karen Choate, Julie Gile and Don Malpass.

**AUBURN, ME --** The Lewiston-Auburn Kiwanis Club is pleased to announce its \$100,000 Hole In One Contest. It will be hosted by Taber's Restaurant, Miniature Golf and Driving Range at 473 Lake Shore Drive, Auburn. The qualifying dates are June 1, & 2 from Noon to 5 pm and Jun 5, 6 and 7 from 4 to 7 pm. Those who are the ten closest to the pin

will shoot it out for the top prize on June 8 at 3 pm!

Everyone is welcome to try to qualify, just use your favorite club and our golf balls. Try as many times as you like! It only costs \$1 for a ball, six balls for \$5 and 13 balls for \$10.

This is a fundraiser for the Lewiston-Auburn Kiwanis Club. We have been serving our communities since 1922 with many

charitable activities, such as scholarships, supporting Key Clubs in five area high schools and donations to community groups.

For more information, go to our Facebook page, Kiwanis Club of Lewiston-Auburn, Maine, and click on our Hole in One event.

## Community discussion on climate change held in June

**SOUTH PARIS, ME --** University of Maine Cooperative Extension and McLaughlin Garden and Homestead will host a panel on how climate change impacts plants on Thursday, June 20, 2-3:30 p.m. at 97 Main Street, South Paris.

Climate Change and Plants: Panel Discussion is a moderated conversation about the impacts of climate change on plants with

experts in the fields of horticulture, agriculture, ecology, forestry and climatology. Panelists will include Hannah Mullally, U.S. Fish and Wildlife Service; Rebecca Long, Sean Horan, and Sean Birkel, UMaine Cooperative Extension; and Andrew Tufts, Maine Audubon. The discussion will include strategies for individuals and communities to mitigate and adapt to the impacts of

climate change. Attendees may submit questions for the panelists ahead of time by way of a link provided in the registration confirmation email.

This program is offered free of charge but registration is required on the event webpage. For more information or to request a reasonable accommodation, contact 207.743.6329 or [extension.oxford@maine.edu](mailto:extension.oxford@maine.edu).

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# AARP Maine seeks nominees for community service award

**PORTLAND, ME** – AARP Maine is seeking nominations for its 2024 AARP Andrus Award for Community Service, which honors individuals 50 and over who share their experience, talent, and skills to enrich the lives of others in their community. The annual award is named after AARP’s founder, Dr. Ethel Percy Andrus, who founded AARP in 1958 at the age of 73.

“AARP Maine is ex-

cited to shine a light on Mainers 50+ who are using what they’ve learned to make a difference in the lives of those around them,” says Noël Bonam, AARP Maine State Director. “AARP has long valued the spirit of volunteerism and the important contributions AARP volunteers make to their communities and neighbors.”

The screening of nominees will be performed by a panel of AARP staff and

volunteers. The panel will review a range of criteria including each nominee’s positive impact on their community and the lives of individuals aged 50 and over.

André Chassé, current AARP Maine Volunteer State President, says: “The AARP Maine Andrus Award acts as a symbol to our members and to the public that we can all work together for positive social change.”

AARP Andrus Award for Community Service nominees must meet eligibility requirements including:

Nominees must be 50 or older, but do not need to be an AARP member or a volunteer with AARP;

The achievements, accomplishments or service on which nominations are based must have been performed on a volunteer basis, without pay;

The achievements,

accomplishments or service on which the nominations are based must reflect AARP’s vision and mission;

Couples or partners who perform service together are eligible; however, teams are not;

The recipient must live in the awarding state; and

This is not a posthumous award.

The application deadline is July 15, 2024.

The AARP Maine

Andrus Award for Community Service is an annual awards program developed to honor individuals whose service is a unique and valuable contribution to society. Last year, Falmouth resident Phil Chin was the recipient of the award.

For more information about AARP and our work in Maine, please visit our website at [www.aarp.org/me](http://www.aarp.org/me) and follow us on Facebook, Instagram and Twitter @aarpmaine.

# Bath at Play unveils Riverwalk Rhythm

**BATH, ME** – On Saturday, May 18th, 2024 the Bath based nonprofit, Bath at Play, unveiled and dedicated their first community-funded project, Riverwalk Rhythm, in the newly created Bridge Park, located at 23 Commercial Street, Bath, ME. The ceremony was followed by a free community performance by the Maine based dynamic duo Amanda Panda & Rob Duquette of KindKids Music. More than 100 attendees enjoyed the concert and free ice cream and snacks that were provided by Bath at Play. The ceremony and performance were part of Main Street Bath’s Spring into Summer event.

The Riverwalk Rhythm project evolved

out of a discussion between City of Bath staff and Bath at Play in November 2022 on a low-impact solution for the then newly created Bridge Park green space on Commercial Street (formerly the Guilford Parking Lot) under the Rte. 1 Sagadahoc Bridge. This ‘FUNCTIONal art’ project aims to bring musical vibrancy to this new green space in a complementary way that is both visually striking and acoustically appealing to all. Bath at Play expects the installation to draw visitors and residents alike to this hidden gem of downtown Bath.

“Even in the rain, the excitement and support for this project was palpable,” says Dr. John Byram, co-founder and president



of Bath at Play. “Kids were playing the instrument all morning long; it was fun to see their faces light up with excitement in seeing it and getting to test it out.”

The initial phase of Riverwalk Rhythm involves installation of a Percussion Play Cavatina xylophone and accompanying music book for a one-year

trial. Both the xylophone and 4-page music book are constructed of high-quality marine grade materials and designed to withstand the elements, year-round. Community input will be gathered through an online survey to help shape the future direction of this project.

This project has been graciously and entirely funded through community donations and in-kind business sponsorships. Since October 2023, Bath at Play has raised over \$8,000 for this project toward their initial fundraising goal of \$10,000. Bath at Play thanks their community and business supporters including Madeline’s Mission, Precast of Maine, Home Depot – Topsham, Bath Savings Institution – Bath Branch, First Federal Savings – Bath Branch, Morningstar Stone and Tile, Anthony P. Keefe Builder, Sisters Gourmet Deli Bath, Hannaford



Cooks Corner, and Maine’s First Ship. Bath at Play would also like to thank the numerous people at Main Street Bath and the City of Bath that helped to navigate this project through to completion.

“Bath is the City of Ships, but it’s also a city of music - from the yearlong programming at the Chocolate Church Performing Arts Center to the Summer Concert Series at the waterfront and in Library Park,” said Byram. “We wanted

to bring that appreciation of music and art to kids in a playful way that also gets them into the outdoors. We hope that providing our youngest community members with access to an engaging high-quality instrument will open the door to a lifelong interest in music.”

This project is being dedicated to Madeline Marzen, a young resident of Bath who was lost too soon from childhood cancer, and to All the Children of Bath.

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## Seniors Not Acting Their Age

# An Adventurous Descent of Togus Stream



Brent Elwell maneuvers around a fallen log



Ryan Galway canoes one of many rapids on Togus Stream



Paul Plumer ducks under a low hanging bridge

Togus Stream is one of the most unique paddling adventures in central Maine. Numerous easy rapids, two Class IV descents, three giant culverts, and several low hanging bridges and trees are all part of the stimulating experience.

I grew up playing along the tiny stream. Until I was an adult paddler, it never impressed me as something that could be navigated. Beginning in 2015, I started organizing almost annual Penobscot Paddle & Chowder Society spring trips between the outlet of Togus Pond in Chelsea and Randolph where the stream enters the Kennebec River.

A trip down Togus Stream requires some advance planning. There is no U.S. Geological Survey (USGS) gauge on the stream. I consult the Sheepscot River gauge on the USGS website as an indicator of water level. Normally, a Sheepscot reading of at least 850 cubic feet per second (CFS) is necessary for Togus Stream to be a fluid entertaining descent.

Tides are another factor. The Kennebec River is tidal as far north as Augusta. A low tide in Randolph results in extensive mudflats at the bottom of Togus Stream.

This year, an early April day offered a plethora of positive reasons to paddle Togus Stream. The Sheepscot was running around 1000 CFS, low tide wasn't until 5:13 PM, and a warm sunny spring day was forecast. Best of all, three longtime paddling friends agreed to join me.

When we met at the takeout on Mill Road in Randolph, the tide was high and the stream almost at the top of its banks. The uninitiated would find it difficult to believe that in a few hours there would be a steep embankment with mud below. We intended to move along to avoid the inconvenience of wallowing in mire at the end of our escapade.

We left two vehicles for the return shuttle and transported two canoes and two kayaks to the put-in about six miles north in Chelsea. I don't begin precisely at the pond outlet as there is a lot of accumulated debris just below. Instead, we started a short distance downstream on Wellman Road.

The trip begins with excitement around the first bend where the remains of an old dam have created a precipitous falls. In the past, we sometimes successfully navigated the pitch. Not this year. The bottom was blocked by a

fallen tree. We carried left and negotiated through a stretch of rousing whitewater to a stream-swollen tunnel under a causeway that also had to be portaged. Another fun rapid ensued.

Easy rapids and quick water continued. After about a mile, we encountered a low hanging bridge. This time, we were able to crouch under; just barely, one paddler tore his life jacket on an exposed bolt.

Rounding a turn, we approached the first culvert which is situated under Windsor Road. Instead of the usual rollicking whitewater, the entrance was jammed with submerged debris partially damming the stream. A careful inspection indicated any attempt to paddle through would be hazardous. Another carry followed.

Progressing downstream, we encountered a combination of easy rapids, some calm water, and a few areas cluttered with obstructions that were cautiously maneuvered. The second culvert was also a disappointment as another fallen tree dangerously blocked access. A portage was again necessary.

Shortly beyond, we confronted the most difficult falls on the stream. Often congested, this year it was clear. We successfully eddy hopped and boat

scouted down the precipitous pitch.

The third culvert was open! We enjoyed an exhilarating descent and caught an eddy on the left to avoid colliding with a river wide downed tree. One paddler was able to duck beneath a branch on the left side. I wasn't so fortunate. I got hung up and had to roll. The others pulled over the barrier on the right.

The gradient steepened and the remainder of the trip was a continuum of stimulating rapids and quick water to the tidal pool in Randolph. No more obstructions and no mud flats at the end.

We made it to the takeout before low tide. However, there was no easy exit. A throw bag was needed to haul our boats up the steep embankment; the final challenge after an adventure-filled day on Togus Stream.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates many more exciting whitewater episodes around the state.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at [www.northcountrypress.com/maine-al-fresco](http://www.northcountrypress.com/maine-al-fresco) or in bookstores

and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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# Arts & Entertainment

## LA Arts kicks off summer Art Walk LA series

Lewiston, ME – LA Arts will be presenting the first of its five Art Walk LA events on Friday, May 31, from 5:00-8:00pm in downtown Lewiston. The public is invited to attend this free event that celebrates the arts in our community and helps support local businesses.

Art Walk LA turns Lewiston’s downtown into a bustling arts district on the final Friday of each month from May through September. Outdoor plazas, sidewalks, local businesses, and storefronts are converted into lively art galleries, creative exhibitions, reception venues, and festive live performance spaces. Featuring

both indoor and outdoor activities for kids and adults, the popular summer Art Walk LA series brings artists, craftspeople, musicians, buskers, and other performers together to showcase their talents in a safe, family-friendly environment.

“Art Walk LA is a wonderful way for people of all ages to enjoy unique arts experiences while coming together as a community,” says LA Arts Agency Manager Gerald Walsh. “We’re excited to bring back some fan-favorite events and introduce new art activities. We have lots of surprises coming this season too!”

Special Activities and

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**JUN 28**  
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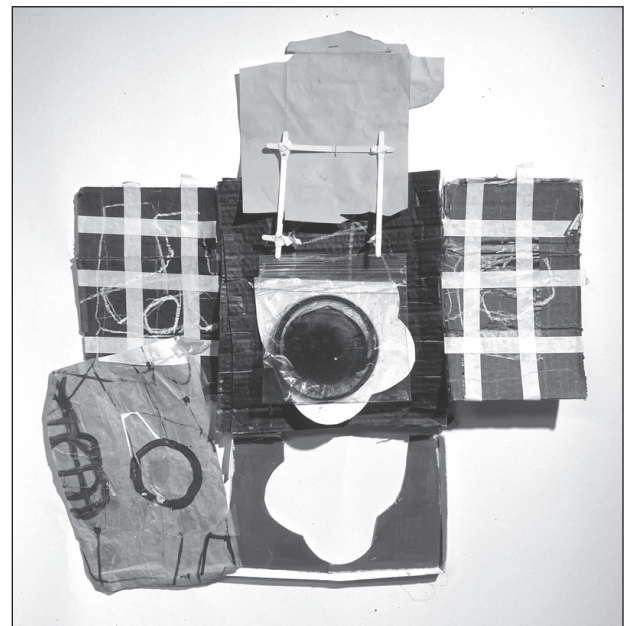
**ART WALK LA**

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**LA ARTS 2024 #finalfridayla**

Opening Reception

As a complement to the rich array of visual art,



3rd entity, M P Landis and Kitty Winslow

music, and kid-friendly activities that characterize every Art Walk LA, The May Art Walk LA will welcome Mr. Drew and His Animals Too and Taiko Maine Drummers. In addition, an opening reception for the exhibit “Double Vision,” featuring visual artists Kitty Winslow and M P Landis will be held at the LA Arts Gallery, from 5:00-8:00 pm. Winslow and Landis are contemporary painters who share a fascination of mark making, line, color, and form. Their exhibit will include a collection of individual and collaborative work, and a dynamic, on-site joint installation that will change continuously over the duration of the show, which ends July 13, 2024.

Art Walk LA Details  
Location: Lewiston’s Downtown Arts District on lower Lisbon St.  
Time: 5:00-8:00 pm  
FMI: [www.laarts.org/artwalk](http://www.laarts.org/artwalk)

Share your favorite Art Walk LA experiences: #finalfridayla

Free and open to the public; kid-friendly

Call for Artists: Artists, musicians, craftspeople, and performers are encouraged to participate in future Art Walks by registering at [www.laarts.org/artwalk](http://www.laarts.org/artwalk). Art Walk LA is a great opportunity for artists to share their work, connect with new audiences and be a part of a thriving and supportive arts community.

community. Thanks to our Champion sponsors!

LA Arts continues to engage and inspire a vibrant community through arts and culture with support from its generous Champion Sponsors, including: Austin & Associates, Bates College, Baxter Brewing Co., Berman & Simmons, City of Auburn, City of Lewiston, Elmira B. Sewall Foundation, Helen & George Ladd Charitable Fund, Liberty Mutual Group, Maine Arts Commission, Morton-Kelly Charitable Trust, Mount Auburn Dental, Onion Foundation, Platz Associates, Sun Journal, and Turner Publishing.

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# SUN Bucks Program helps kids access food during summer

**AUGUSTA, ME** — The Maine Department of Health and Human Services' (DHHS) Office for Family Independence (OFI) today announced SUN Bucks, a program to help eligible families access food for their children during the summer months. SUN Bucks provides families with a one-time benefit of \$120 for each eligible school-aged child to supplement the summer grocery budget until classes and regular school meals resume in the fall.

The new federal program supplements free meals that kids of all ages can access at summer meal sites in their communities. SUN Bucks can be used to buy groceries everywhere that Supplemental Nutrition Assistance Program (SNAP) benefits are accepted, including grocery stores and farmers markets, to purchase healthy foods such as fruits, vegetables, meats and other protein sources, whole grains, and dairy. Research shows that providing families with

summer grocery benefits reduces child hunger and supports healthier diets.

SUN Bucks, also known as the Summer Electronic Benefit Transfer (EBT) program, is funded by the U.S. Department of Agriculture and permanently replaces the Pandemic EBT program that began in 2020 to help families in response to the COVID pandemic. In Maine, nearly 100,000 children are eligible for the SUN Bucks benefit, which will be available to families by the end of June 2024.

"Maine's Office for Family Independence is proud to introduce this Federal program to support children across Maine when they don't have access to regular school meals," said OFI Director Ian Yaffe. "Most families will receive SUN Bucks benefits without having to take any action because they are already enrolled in OFI programs or through our close partnership with the Maine Department of Education."

"School is almost out for the summer which means Maine kids will lose access to school breakfast and lunch," said Anna Korsen, Policy and Program Director for Full Plates Full Potential. "Thankfully, SUN Bucks will be available to fill the gap and bolster families' grocery budgets. Alongside free summer meals, SUN Bucks is a critical tool to increase food security during the summer months. Maine is again leading the nation as one of the 37 states implementing this new program."

"SUN Bucks plays a critical role in ensuring access to nutritious food for children when school is not in session," said Heather Paquette, president of Good Shepherd Food Bank of Maine. "Childhood hunger remains a concern for our state, as one in five children in Maine experienced food insecurity in 2022. We are grateful for initiatives that help bridge the gap and support the health and development of Maine's next generation."

"We applaud the state for taking the opportunity to provide more nutrition support to kids over the summer—a time when many families with lower income struggle to put enough food on the table," said Alex Carter, Policy Advocate at Maine Equal Justice. "Thanks to streamlined certification, more Maine kids will also be automatically eligible for SUN Bucks without having to re-apply and duplicate their information, overcoming one of the biggest barriers to access."

**Who can enroll:**  
Most families will receive SUN Bucks automatically if they already receive other benefits, but some families may need to apply.

Families with a school-aged child/children who are already participating in the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), Food Distribution Program on Indian Reservations (FDPIR), are experiencing homeless-

ness, part of migrant families, or receiving MaineCare with a verified annual income under 185% of the federal poverty level will be automatically enrolled in the SUN Bucks.

Families not automatically enrolled but who believe their children are eligible can apply for SUN Bucks beginning June 1, 2024. Applications must be received by August 15 to qualify.

OFI is mailing notification letters to eligible households this week.

How eligible families will receive SUN Bucks:

For households currently enrolled in SNAP, benefits will be automatically uploaded to their existing EBT card, known as the Pine Tree card.

Children who were previously recipients of P-EBT and are not enrolled in SNAP will receive their benefits on their existing P-EBT card. Households that did not keep their P-EBT card may need to request a replacement card to access these benefits.

Children eligible for

SUN Bucks, not enrolled in SNAP and who have never been enrolled in P-EBT will receive a Pine Tree card with their benefit.

Cards must be activated within 45 days of receipt. Unused benefits will be removed from the card 122 days after issuance, regardless of spending activity.

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## GSA program helps schools get student tech

**BOSTON, MA** — Computers are vital to a student's education. Exposure to computers throughout school helps prepare them for future opportunities in an increasingly technological society. However, for some school districts, it is difficult to afford computers for their students.

To help get computers in the hands of schools and students, the U.S. General Services Administration (GSA) sponsors the Computers for Learning (CFL) program. CFL is a program through which federal agencies can transfer excess computers and peripheral equipment directly to schools and educational nonprofit organizations to support education for children, pre-kindergar-

ten through grade 12.

The program's ambitious goal is to make modern computer technology an integral part of every classroom so that every child has the opportunity to be educated to their full potential. The equipment provided through the program is free; however, schools are responsible for packing and shipping costs.

GSA's New England Region currently has over 70 computers available for eligible schools through the CFL program.

Interested schools and educational non-profits organizations are encouraged to find more information on this program at the Computers for Learning website.

"Computers for Learning is a win-win for

the federal government and, most importantly, the children who will directly benefit from use of this technology," Francis Thomas, Regional Administrator for the New England, Northeast and Caribbean Regions, said. "GSA is pleased to be able to donate these laptops and related equipment to schools here in New England as they constantly seek to improve educational opportunities for all students."

In addition to the benefits to schools and students, the CFL program is good for the environment. The program reduces landfill disposal of electronic waste. Donating or recycling consumer electronics conserves natural resources and avoids air and water pollution, as well as green-

house gas emissions that are caused by manufacturing new materials.

"I urge eligible schools and nonprofits across New England to learn more about how Computers for Learning can make a difference in their classrooms," Thomas added.

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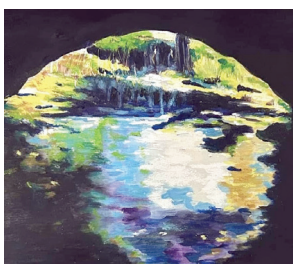
# Reset in the Vibrancy of Nature art opening at Monkintree

**GARDINER, ME** -- Monkintree invites you to join us for the opening of "Reset in the Vibrancy of Nature: The Odyssey of Light Throughout Maine," a show of works by Andrea Darok.

Andrea Darok seeks refuge in the natural world to reset and refresh her senses, explaining "As an

artist, nature is my sacred place to reflect and cultivate my joy for living." In Maine, the natural world has much to offer. It is a place where inspiration can be found simply by stepping outside. It is within the context that Andrea Darok creates.

With a background in graphic and interior



**Hobbit Land, mixed media**

design, Darok brings a multidisciplinary per-

spective to her art. Her works often incorporate a variety of mediums and techniques, resulting in captivating mixed-media pieces that stretch the boundaries of traditional art forms. Through her artwork, Darok seeks to create a harmonious blend of bold elements, reflecting her diverse experiences

and influences.

Born in Budapest, Hungary, Andrea Darok's journey in the arts began as a classically trained ballet dancer. Darok developed an innate sense of movement and grace during these formative years that would later influence her artwork. In addition to the solo show at Monkintree,

Darok has work in a group show at Triangle Gallery in Rockland, Maine May 2024.

The show can be seen at Monkintree-263 Water Street, Gardiner, ME beginning May 17th during regular shop hours: Tuesday-Friday 10-5, Saturday 10-4 or by appointment through July 13, 2024.

## Tri-Town Optimists announce May Student of the Month



**Pictured L to R (attached): Principal Shawn Vincent, Student Hailey Caron (of Mechanic Falls), Teacher Jamie Karaffa**

The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland is proud to announce its RSU 16 Student of the Month recipient for May. Hailey Caron, an 8th grader

at Bruce Whittier Middle School, is described by her teachers and principal as a quiet but strong student with a tenacious determination and competitiveness to succeed. She

is a hard worker who stays positive and focused with grit, perseverance, creativity and curiosity. Her smile makes people feel like they matter; she will work with anyone to get a job done with an open mind and open heart. Congratulations Hailey!

**Best Source for Arts, Music and Theater! Your Hometown Paper.**

## Staff transitions announced at Auburn UU

**AUBURN, ME** -- The First Universalist Church of Auburn's Board of Directors has announced upcoming staff transitions.

First, Samantha McCune will join the church's staff as our new Religious Exploration Coordinator. She will help re-envision and rebuild the RE program. Her principal responsibilities will be to oversee programming for children and youth, as well as the OWL (Our Whole Lives) program.

Second, Reverend Patrick McLaughlin will lead worship at Auburn UU through mid-July, working with the board on various aspects of church life and governance. Following a farewell from the congregation in August, he will serve as minister for the Beacon Unitarian Universalist Congregation in Flagstaff, Arizona.

Lastly, the church has engaged Reverend Terry Sweetser as a contract minister through July 2026. He currently serves as the interim minister at the First Unitarian Universalist Society of Exeter in New Hampshire. Sweetser comes with extensive experience, having served congregations both large



**First Universalist Church of Auburn under the Northern Lights. (Photo by Cynthia Grimm)**

and small, and in administrative positions at the Unitarian Universalist Association. Rev. Sweetser and Rev. Patrick will work together to ensure a smooth transition.

The First Universalist Church of Auburn offers worship at 10am every Sunday in person and over Zoom. For more information, call 783-0461, browse [www.auburn.org](http://www.auburn.org)



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## LPL has reduced admission Wildlife Park tickets

**LEWISTON, ME** -- A limited number of tickets are available May 20th through November 11th. Each member of the group (3 years old and up) using this ticket will be charged a discounted admission fee of \$5.00 per person at the gatehouse. The discount ticket must be reserved in advance and is one per person for the season.

To reserve or check out passes and tickets contact the Children's Department at 513-3133 or email [LPLKids@lewis-tonmaine.gov](mailto:LPLKids@lewis-tonmaine.gov). For more information on all museum and park passes visit: <https://lplonline.org/kids/things-to-borrow/museum-and-park-passes-2/> or contact the Lewiston

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Lewiston PUBLIC LIBRARY

Public Library Children's Department. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street.



# Seven high school seniors earn Rotary scholarships



**LEWISTON, ME** -- The Lewiston-Auburn Rotary Club awarded scholarships to graduating seniors from seven local high schools at its annual awards dinner held recently at The Green Ladle. The students were selected by their respective schools for their academic achievements, community involvement, and leader-

ship potential. They are pictured here with Stephanie Gelin, chair of the Rotary Club's Scholarship Committee. From left are Gelin, Olivia Crowley, Lewiston High School; Andrew Broadbent, Lisbon High School; Sarah Rossignol, Oak Hill High School; Emma Smith, Saint Dominic Academy; Nola Boutaugh, Leavitt

Area High School; Emma-D Martin, Poland Regional High School; and Brayden Bashau, Edward Little High School. The Rotary Club also presented donations to the following four organizations to assist with their summer programs for local youth and their families: Lewiston Summer Fun & Films, Community Little

Theatre Summer Youth Salvation Army's Camp meets every Thursday at Camps, Lewiston Recreation Department Summer The Lewiston-Auburn Rotary Club The club org/.

## Sen. Rotundo welcomes Lewiston standout athlete to State House

**AUGUSTA, ME** —Sen. Peggy Rotundo, D-Lewiston, and other members of the Senate recently welcomed Timothee Ouellette of Lewiston to the State House to receive a legislative sentiment for winning the Travis Roy Award, which is awarded to the top Class A High School hockey player in the State of Maine. The sentiment was co-sponsored by the entire Lewiston delegation to the House of Representatives.



**Timothee Ouellette and Sen. Peggy Rotundo in the Senate Chamber.**

varsity athlete at St. Dominic Academy in Auburn and has captained the Saints' hockey team for the past

two years. This year, Tim led the Saints in scoring with 14 goals and 22 assists in 19 games. Tim is the fourth player from St. Dominic Academy to receive the Travis Roy Award.

A legislative sentiment acknowledges and recognizes academic, athletic, civic, professional or service-related accomplishments. It is approved by the full Legislature and signed by the President of the Senate, Speaker of the House, Secretary of the Senate and Clerk of the House.

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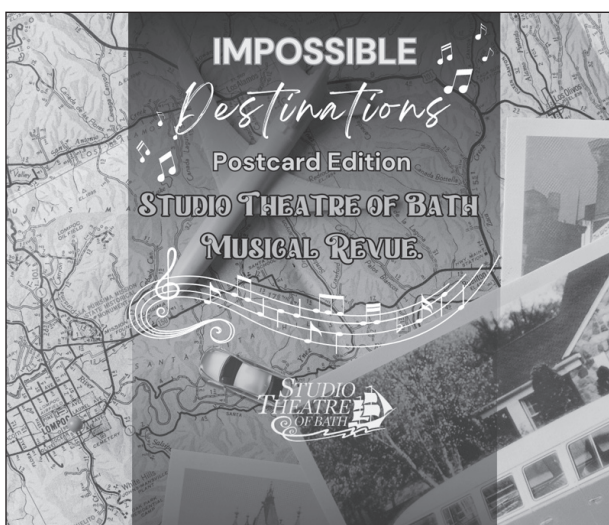
# “Impossible Destinations” at Studio Theatre of Bath

**BATH, ME** -- Studio Theatre of Bath (STB) is thrilled to announce “Impossible Destinations: Postcard Edition,” our 3rd Impossible Dream Musical Revue, at the Chocolate Church Arts Center (CCAC) in Bath, June 8 & 9, 2024

From the CCAC’s main stage, STB’s Impossible Dream Singers will journey from a tropical island to southern pines, past cable cars to the streets of London and oth-

er wonderful sites before we ultimately arrive in Sin City. Please join our celebration of our favorite travel and adventure themes from classic standards and Broadway showtunes, as well as popular music of the last 60 years.

Featuring the talents of familiar STB favorites Jane Clukey, Cathy Madero, Courtney Babbidge, Kirsten Hayward, Dennis Crews, Shirley Bernier and Vince Shatto, as well as new friends James Meli-



ta, Jessi Diamond, Adam Rodgers and Blythe Edwards, with music direction by Jane Clukey and Courtney Babbidge.

Studio Theatre of Bath is dedicated to enriching the community through live theatrical events, having produced more than 145 shows since 1979, and is especially grateful to the Chocolate Church Arts Center for hosting this show. Studio Theatre of Bath’s partnership with the Chocolate Church Arts

Center and is made possible by the Montgomery Endowment, a gift by the estate of Priscilla & J. Pat Montgomery to ensure the continued collaboration between the Chocolate Church Arts Center and Studio Theatre of Bath to enrich the Midcoast community through live theater.

Tickets available at <https://chocolatechurcharts.org/event-data/2024-06-impossible-destinations2>

## Maine DHHS recognizes May as Mental Health Awareness Month

**AUGUSTA, ME** — The Maine Department of Health and Human Services’ (DHHS) Office of Behavioral Health (OBH) is recognizing May as Mental Health Awareness Month, a time to promote the importance of mental health, reduce stigma, and spotlight resources for support.

Governor Janet Mills has again proclaimed May as Mental Health Awareness Month. She recently filmed public service announcements as part of OBH’s StrengthenME campaign highlighting the importance of personal connections and reminding Maine people that when times are tough, they don’t have to go it alone.

“It can be hard to talk about mental health or reach out for support, but help is here when you need it,” said OBH Director Sarah Squirrell. “Men-

tal health issues and stress can affect anyone, and the good news is services and support are available. If you or someone you love is struggling, make the connection to get help today.”

This Mental Health Awareness Month, Maine DHHS encourages people to:

Learn how to recognize the signs and symptoms of chronic stress and mental health issues, both in yourself and others. Just like with physical illness, treating mental health problems early may help to prevent a more serious illness from developing in the future. If you’re a parent, try a mental health screen for yourself or your child, and learn what parents can do.

Be informed about mental health to help reduce stigma and create a more supportive and inclusive environment for those who may be struggling.

Build your coping toolbox, equipping yourself to handle stress, complex feelings, and tough circumstances.

Champion mental health awareness, advocating for yourself, your loved ones, and your community.

As part of Mental Health Awareness Month, the Portland Sea Dogs dedicated a baseball game to “striking out” mental health stigma. OBH Director Squirrell and Governor Mills’ Director of Opioid Response, Gordon Smith, threw out the honorary first pitch.

If You Need Mental Health Help

Call 988 or Text/Call 1-888-568-1112: Call or text 988 to reach the 988 Suicide and Crisis Lifeline. The 988 Lifeline responds 24 hours a day, seven days a week to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or sub-

stance use crisis, and connects those in need with trained crisis counselors. Individuals can also dial 988 if they are worried about a loved one who may need crisis support.

NAMI Maine’s Teen Text Support Line: This free, confidential resource for youth aged 13-23 is available Monday-Friday, 2pm-10pm, Saturday and Sunday 12pm-10pm. The line is staffed by trained support specialists- aged 18-24. Text (207) 515-8398.

OPTIONS: Maine residents facing opioid use challenges can connect with a local liaison through OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone and Safety), which sends mobile response teams to connect people directly to recovery services and treatment and distribute naloxone, the lifesaving overdose medication.

StrengthenME: StrengthenME is an initiative that celebrates and supports resilience. Residents who are not experiencing a mental health crisis but would like stress management resources to promote health and wellbeing can choose from a variety of supports. Services are easy to access, anonymous, and community focused. Learn more and take a wellness check-in.

Frontline & Educator Resources: Click here for one-on-one, group, and training support resources for health care workers, educators, and first responders.

Lewiston Tragedy Recovery Resources: The Maine Resiliency Center is open to support individuals impacted by the events in Lewiston, with ongoing support groups and other events.

Help Me Grow: This free information and refer-

ral service that connects pregnant parents and families with children through the age of eight to information and resources on early screening and intervention, which can address mental and behavioral health issues in young children to help get them on track for a healthy future. The Help Me Grow team will listen, link parents, providers, and community partners to services, and provide ongoing support when needed.

211 Maine: If you or someone you know needs other support and you don’t know who to call, reach out to 211. 211 Maine is a free, confidential information and referral service that connects people of all ages across Maine to local resources for mental health, financial support, health care, and more. 211 Maine is based in Maine and available 24 hours a day, seven days a week.

## Maine delegation accepting military academy nominations

**WASHINGTON, D.C.** – U.S. Senators Susan Collins and Angus King, Jr., and U.S. Congresswoman Chellie Pingree and Congressman Jared Golden announced that they will begin accepting nomination appli-

cations from Maine high school students for appointments to the United States service academies operated by the Army, Navy, Air Force, and Merchant Marine. No nomination is required to apply to the United States Coast

Guard Academy.

Students should apply for a nomination in the spring and summer of their junior year. Senators Collins and King and Congresswoman Pingree and Congressman Golden will begin accepting nom-

ination applications as of May 15, 2024, from students for admission to the academies in the summer of 2025.

For more information please contact:

Senator Susan Collins

Contact: Karen Staples, 207-784-6969, [www.collins.senate.gov](http://www.collins.senate.gov)  
Senator Angus King, Jr.

Contact: Katie Fellows, 207-352-5216, [www.king.senate.gov](http://www.king.senate.gov)  
Congresswoman

Chellie Pingree  
Contact: Dorian Cole, 207-774-5019, [www.pingree.house.gov](http://www.pingree.house.gov)  
Congressman Jared Golden

Contact: Kim Rohn, 207-249-7400, [www.golden.house.gov](http://www.golden.house.gov)

## UMane Extension plant diagnostic lab shares updates

**MAINE** -- The University of Maine Cooperative Extension Plant Disease Diagnostic Lab in Orono, which identifies diseases and provides management plans to gardeners, farmers, nurseries, and members of the lawn care industry, received

over 800 physical samples from nine different states in 2023. Also last year, the lab launched a new process for digital submission which resulted in 400 additional samples.

For many years, the lab has been able to provide this service to our in-state

customers at no cost. However, due to rising costs of ever-evolving diagnostic tests, the lab is implementing new fees in an effort to recover a portion of its expenses and ensure it can continue to support Maine growers and gardeners.

Starting May 1, 2024,

the Plant Disease Diagnostic Lab will charge \$18 for general in-state samples. Out-of-state sample fees will be increased to \$38. Garlic seed testing fees will increase to \$38 for in-state and \$68 for out-of-state samples. All digital submissions will cost \$8. The

lab also offers various specialized tests. Details on all tests and fees can be found on the lab’s webpage.

In 2023, the lab made more first detections of disease in the state than any other year, which included a new fungal disease on tomatoes and fir trees. The lab also provided confirmation testing for beech leaf disease for the Maine Forest Service, confirming the existence of the disease

in five Maine counties. The lab added three new molecular tests for improved virus and nematology detection.

The mission of Extension’s Plant Disease Diagnostic Lab is to enhance the success of Maine agricultural industries and gardeners by reducing losses due to disease and minimizing management costs by providing early and accurate disease identification.

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# Training in the woods to make better leaders

**BELGRADE, ME-** Area adult leaders in Scouting- and some from as far away as Rangeley, Kittery and Melrose, Massachusetts- took part in a weekend training course held at Camp Bomazeen on May 17th and 18th designed to make them better leaders by giving them confidence with their outdoor skills.

Outdoor adventure is the promise made to a kid when they join Scouting. The Introduction to Outdoor Leader Skills (ITOLS) is a fun-filled program of hands-on skills training in the outdoors, designed to help leaders in Scout Troops master basic camp skills required for Tenderfoot to First Class. Basic Adult Leader Outdoor Orientation (BALOO) is the equivalent training for those working with Cub Scout-aged youth. The courses teach such things as outdoor cooking, map and compass, rope use, conducting safe campfires, hiking and backpacking, First Aid and Outdoor Ethics. The goal is to provide first-hand experiences so Scouting leaders can teach these skills to their Scouts. Course Director Chris Santiago of Vassalboro said, "It is important to teach these types of courses because Scouting is about being outdoors. Both ITOLS and BALOO help Scouters understand and guide them to the best practices of the BSA, and help Scouters become the best outdoor skilled version of themselves so they can share and deliver a quality program to our Scouts."

Camp Bomazeen, located on Great Pond in Belgrade, is the ideal outdoor setting for adults or youth to develop such skills that will serve them well through life. Geary Judkins, Scoutmaster of



Course Director Christopher Santiago, Instructor Kelly Deprez, Lou Garzia of Windham, Jeremy Seeley (red hat) of Durham (leader in Topsham), Aaron Whitman of Kittery, Dale Leonard of Kittery, Nick MacDonald of Melrose, Dan Gacki of Dallas Plantation (dark gray shirt), Instructor Nathaniel Bacon of Auburn, Instructor Geary Judkins of Farmington. Other instructors not in the photos but taking part were Cam Fails and his mother Ginger Fails of New Sharon and Bryan Vick of Waterville.

Troop 546 in Farmington, would agree as he has spent three weekends in a row at Bomazeen for various Scouting events and was one of the ITOLS instructors.

Nathaniel Bacon is an Assistant Scoutmaster for Troop 111 in Auburn and was another instructor. "There is so much value in these programs," Bacon said.

Dan Gacki of Dallas Plantation is not even registered in Scouting yet but felt it was important to take the course. "I am looking to start a Troop in Rangeley and I love the outdoors," Gacki said. He travelled more than an hour to attend. Dale Leonard and Aaorn Whitman are Den Leaders in Kittery Pack 316 and also had long drives to attend. "I joined Scouts so I could find any excuse to get me and my family outside," Leonard said. "The thing I love about Scouting," Whitman added, "is being out in nature and being active." Jeremy

Seeley is a Den Leader of Cub Scout Pack 202 Topsham and agreed, "I really enjoy being outdoors and that is what Scouting is all about."

Nick MacDonald spent nearly three hours on the road to get to Bomazeen. He is a Den Leader in Cub Scout Pack 615 out of Melrose Massachusetts. He saw the event advertised on Facebook and came to complete the BALOO course.

Lou Garzia is a parent volunteer with Scout Troop 805 in Windham. "I'm here to learn some stuff," Garzia said. And experienced Scouting leaders like Kelly Deprez, Chartered Organization Representative for Cub Scout Pack 85 in Gorham, was happy to teach subjects such as knife skills and how to conduct an interfaith service for the BALOO course.

Santiago is also Scoutmaster of Vassalboro Troop 410 and finds he learns from the students while teaching.

"My favorite part of the course is meeting Scouters both new and experienced from across our district, across our council, and from outside of our council because you get to learn about them, their experiences, and most importantly become colleagues who may be a resource for you down the road."

Some training courses are required in Scouting. Youth Protection training, for example, is required for all BSA registered volunteers and is a joining requirement that must be retaken every two years (annually for leaders in Maine's Pine Tree Council which covers the Western and Southern half of state). Additionally, it is required in Pine Tree Council that all Cubmasters and Scoutmasters complete the Basic Leader Training and all assistant Scoutmasters and Assistant Cubmasters starting in 2025. Each pack or troop must have someone trained in BALOO or ITOLS and they must have at least two registered leaders who have completed Youth Protection Training in order to go camping. Much of the emphasis in Scouting is as



Course Director Christopher Santiago of Vassalboro and Geary Judkins of Farmington review the ITOLS syllabus during a break between sessions.



Kelly Deprez of Gorham instructs Cub Scout leaders on knife safety and knife usage so they can in turn teach their Cubs the proper way to safely use a pocket knife.

phases in Scouting is as Baden Powell, founder of Scouting worldwide, intended. To challenge the youth in outdoor settings so as to help develop their character and train them to serve. As Powell said, "Teach Scouts not how to get a living, but how to live."

Send all items for What's Going On to the Editor. Deadline is Friday by five.



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# Calendar

Send your submissions to the Editor. More online.

**May 31**  
LEWISTON -- LA Arts will be presenting the first of its five Art Walk LA events on Friday, May 31, from 5:00-8:00pm in downtown Lewiston. The public is invited to attend this free event that celebrates the arts in our community and helps support local businesses.

**Summer 2024**  
NORWAY -- Art Exhibition "If You Lived Here, You Would ..." at the award-winning Gingerbread House, Main Street, Norway, Maine. The show will dialogue with the history of this incredible edifice, which pours out of its every nook and cranny. "If You Lived Here You Would..." is a consideration of the home's past that offers a glimpse into its potential future through a selection of sculptures, paintings, drawings, and mixed-media pieces—brought to western Maine for the very first time—by a group of internationally recognized and acclaimed artists.

**June 1**  
PORTLAND -- Long-time Portland staple Vivid Motion Dance brings dancers and choreographers together for their summer show, spinning fresh modern takes on Greek heroes, the Prodigal Son, and Alice in Wonderland. Auditions for double-feature summer show Eclipse + Helen Of Troy will be held Saturday June 1, 2024 at Deering Grange 1408 Washington

Ave Portland.

Auditions are held in a class format and include a warm up followed by several combinations at center. Pre-registration is required and open at vividmotion.org/auditions.

**June 5**  
LEWISTON -- 3 PM to 5 PM Fourth Annual Celebratory March, Tree Street Youth 144 Howe Street

**June 6**  
LEWISTON -- 3:30 PM – 5:30 PM Community Block Party, Community Concepts, 240 Bates Street

**June 7**  
LEWISTON -- From 10:00am - 11:30am, the Lewiston Public Library Children's Department will be offering the program Baby Keepsakes: Following in Your Footsteps in honor of Father's Day. Caregivers will be able to create a personalized keepsake using their baby's footprint on top of their adult shoe print. This activity will take place in the back of the Children's Department on the third floor of the library. The program is recommended for babies ages birth to 2 years and their caregivers. Siblings are also welcome to attend.

This program is free and there is no registration. Participants are invited to

bring a clean adult shoe for this program.

**June 7-8**  
BATH -- Studio Theatre of Bath (STB) is thrilled to announce "Impossible Destinations: Postcard Edition", our 3rd Impossible Dream Musical Revue, at the Chocolate Church Arts Center (CCAC) in Bath.

From the CCAC's main stage, STB's Impossible Dream Singers will journey from a tropical island to southern pines, past cable cars to the streets of London and other wonderful sites before we ultimately arrive in Sin City. Please join our celebration of our favorite travel and adventure themes from classic standards and Broadway showtunes, as well as popular music of the last 60 years.

**June 7**  
LEWISTON -- 5:30 PM, Unveiling of Robert Shetterly Portrait of Dr. Bernard Lown in the Bates Mill Atrium

Dr. Lown was an LHS graduate, renowned cardiologist, won a Nobel Peace Prize, invented the defibrillator, was a peace advocate and author. Lewiston named a bridge after him, the Bernard Lown Peace Bridge, in 2008.

**June 11**  
LEWISTON -- June

11 is Primary Day, which means residents will vote by ward. As such, all regular polling places will be open from 7 AM - 8 PM. For questions about polling locations, please visit [www.lewistonmaine.gov/elections](http://www.lewistonmaine.gov/elections) or call the City Clerk's Office at (207) 513-3124.

**June 13**  
Sampson AFB Veterans and persons with a connection to those who took Air Force Basic Training there will have a get together Thursday, June 13 at the Governor's restaurant at noon time for lunch. All veterans of any branch or era are welcome to join us and share your experiences with us. FMI call 207-657-4909 Bob Sawyer or email [wvmtkwkr1933@gmail.com](mailto:wvmtkwkr1933@gmail.com)

**Fridays June 14 – July 19**  
LEWISTON -- Opening Minds through Art, Fridays June 14 – July 19, 2 pm – 3 pm, Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org).

**June 15**  
GORHAM -- Gorham Garden Club Plant sale, June 15th 9AM -12 PM. Location: Baxter Library next to the Gazebo, 71 South St., Gorham, Maine

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**June 20**  
SOUTH PARIS -- University of Maine Cooperative Extension and McLaughlin Garden and Homestead will host a panel on how climate change impacts plants on Thursday, June 20, 2-3:30 p.m. at 97 Main Street, South Paris.

**June 26**  
LEWISTON -- Birds and Flora of New Zealand talk will be happening at Lewiston Public Library on Wednesday, June 26, 2024, from 11:30 am to

12:30 PM. FMI: <https://lplonline.org/events/lpl-to-host-the-stanton-bird-club/>

**July 6**  
GORHAM -- Hosta auctions are coming July 6th when the Maine Hosta Society will offer many exciting hosta varieties at the Treworgy Homestead and Garden at 120 Flaggy Meadow Road in Gorham, Maine. The silent auction will begin at 10:00 a.m. and the live auction at 1:00 p.m. SAVE THE DATE for this event that is free and open to the public.

**July 13**  
GORHAM -- The Maine Iris Society will hold its annual auction of bearded iris rhizomes on Saturday, July 13th, starting at 1:00 pm at the Treworgy Homestead and Garden located at 120 Flaggy Meadow Road in Gorham, Maine. A complimentary self-guided tour of the Treworgy Garden is included. This event is free and open to the public.

## Lown legacy preserved with specialty U.S. Mint coin

Starting in 2019, the U.S. Mint began issuing four specialty coins per year, one for each state, in celebration of U.S. innovation for the American Innovation \$1 Coin program. By 2032, leaders of all 50 states, the District of Columbia and the five U.S. territories will have chosen an innovator or innovation to represent their state or territory. This year, Maine celebrates University of Maine alumnus Bernard Lown as its most notable innovator.

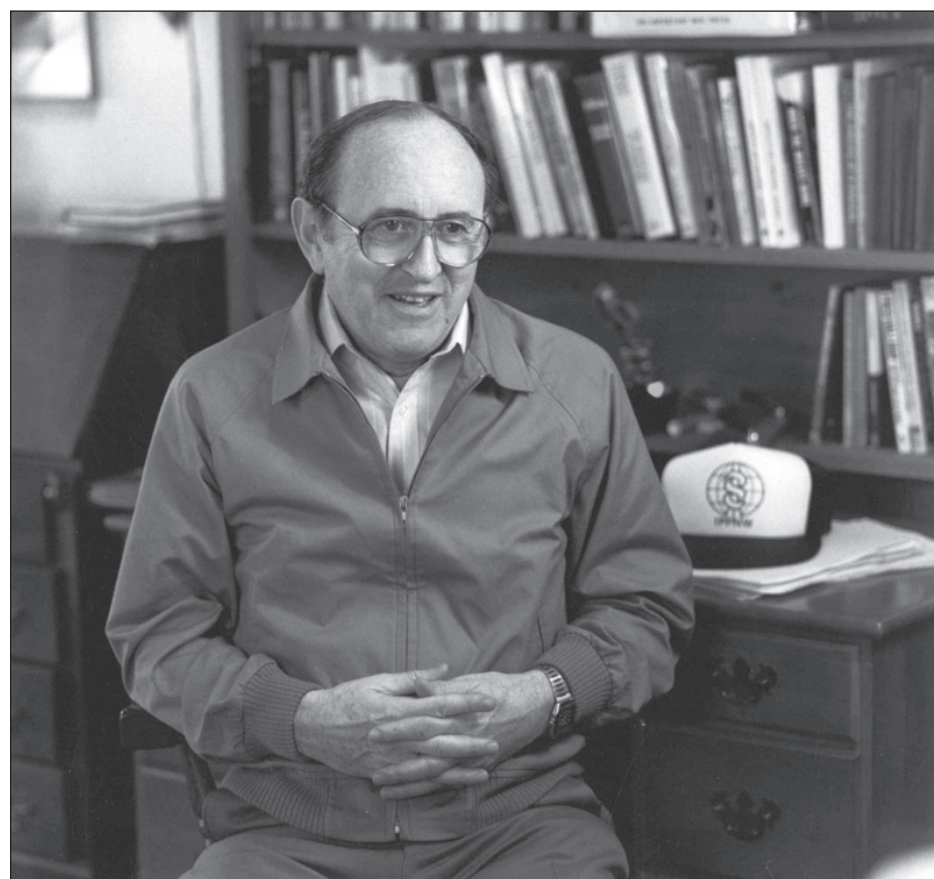
Gov. Janet Mills nominated Lown, an immigrant from Lithuania who moved to Maine in 1935 to escape religious and political persecution and who committed his life to serving

humanity through science and technology. Lown's uncle owned a shoe company in Auburn, Maine with factories located about an hour north, where his father would earn a living and his family would find comfort in the area's Jewish community.

Although he didn't speak English when he arrived in Maine at the age of 14, Lown went on to graduate from Lewiston High School, the University of Maine and Johns Hopkins University. Less than two decades into his career as a cardiologist and research scientist, he developed a new method to correct abnormal heart arrhythmias, a leading and sudden cause of death.

Lown's coin, which was released on Thursday, May 16, depicts him using a direct current defibrillator, as it would have looked in 1962. His hands are symmetrically positioned on either side of a chest, holding handles that connect to what looks like a technologically advanced filing cabinet.

Electric currents were already being used on hearts that had stopped beating, but the procedure proved mostly unsuccessful. Lown discovered he could shock a beating heart without killing the patient. His method was first refuted by his colleagues, but he remained persistent and learned how to save his patients from a once incurable illness.



Portrait of Bernard Lown courtesy of Raymond H. Fogler Library Special Collections

His invention of the direct current defibrillator, or cardioverter, wasn't the only controversial issue he faced as a socially minded physician. During the Cold War, he worked with doctors in the U.S. and throughout the world to prevent nuclear warfare.

Around the same time he discovered the cardioverter, Lown founded Phy-

sicians for Social Responsibility. In 1962, the group published a thoroughly researched paper in The New England Journal of Medicine that depicted how people's lives would change if a nuclear bomb exploded over Boston, where he was teaching and researching at Peter Bent Brigham Hospital and Harvard Medical School.

He continued to advocate against nuclear arms and was later awarded the 1985 Nobel Peace Prize along with Soviet cardiologist Yevgeny (Eugene) Chazov. Together, they founded International Physicians for the Prevention of Nuclear War. By 1985, over 100,000 people spanning 41 countries had joined the group.


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trance fees, meal tips and bus driver tip.

NOVEMBER 18-20, 2024 - CHRISTMAS IN NEW YORK CITY - Trip includes 2 nights lodging with 3 days in New York City. Breakfasts each morning and 1 dinner in a Manhattan Restaurant is included. We will have a backstage tour of Radio City Music Hall and a guided tour of Lower Manhattan, Times Square, Greenwich Village, Little Italy, Ground Zero and the Financial District. You will also visit the 9/11 Memorial Museum and Rockefeller Center. On Wednesday afternoon it's off to Radio City Music Hall to see the Christmas Spectacular featuring the World-Famous Rockettes. A \$200 deposit per person is due upon registration. Trip price is \$749.00 per person double occupancy which includes guided tours, Radio City Spectacular, included meals and bus driver tip. Make checks payable to White Star Tours.

DECEMBER 13-15, 2024 - WHITE MOUNTAIN HOTEL & RESORT - Trip includes 2 nights lodging with 5 meals. We will visit the Rocks Estate in Bethlehem, NH with a Moose

and Bear educational program. We will stop at the Bethlehem post office where you will be able to stamp your Christmas cards with the Star of Bethlehem seal and have them mailed from Bethlehem. Trip also includes 1 afternoon comedy show and 2 evening shows. All room and meal taxes and gratuities are included.

Price for a double is \$629.00 per person. Deposit is \$100.00 per person at time of registration. Make checks payable to White Mountain Hotel and Resort.

APRIL 12-20, 2025 - A WEEK IN SPAIN: BARCELONA, MADRID & SEVILLE - Trip includes 7 nights lodging, 7 breakfasts and 3 dinners, 5 sightseeing tours and two train rides. Highlights are Sagrada Familia, Royal Palace, Prado Museum, Cordoba, Olive Oil Tasting, Food Tasting and Royal Alcazar. Deposit to reserve your spot is \$300.00 with trip protection available for \$449.00.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a

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